



Teriyaki Mushroom Noodles

Egg noodles tossed with button mushrooms and broccoli in a rich teriyaki sauce, topped with crispy fried shallots.



30 minutes



Vegetarian



2 servings

FROM YOUR BOX

EGG NOODLES	150g
TERIYAKI SAUCE	1 sachet
BROCCOLI	1
SPRING ONIONS	1 bunch
MUSHROOMS	200g
FRIED SHALLOTS	1 packet

FROM YOUR PANTRY

sesame oil, cornflour

NOTES

Add a fried or soft-boiled egg on top for extra protein.

No gluten option – egg noodles are replaced with GF rice noodles.

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1. COOK THE NOODLES

Cook **noodles** in boiling water according to packet instructions. Drain and toss with a drizzle of **sesame oil** to prevent sticking. Set aside.

TIP *Toss noodles with a little sesame oil straight after draining to keep them from clumping.*

2. PREPARE THE SAUCE AND VEGETABLES

Whisk together **1/2 tsp cornflour**, **teriyaki sauce**, **1/2 tbsp sesame oil** and **1/4 cup water**. Cut **broccoli** into florets. Slice **spring onions** into 4cm lengths.

TIP *Prepare sliced capsicum, Asian greens, baby corn or tofu if you want to add more to the stir fry.*

3. COOK THE STIR FRY

Heat **sesame oil** in a large frypan or wok over high heat. Slice and add **mushrooms** and cook for 2 minutes until browned. Add **broccoli** and **spring onions** and cook for a further 3 minutes. Pour in **sauce** and simmer for 1–2 minutes until thickened. Add **noodles** and toss well to combine.

4. FINISH AND SERVE

Divide **noodles** and **mushroom stir-fry** among bowls. Garnish with **fried shallots**.

TIP *Add a drizzle of sriracha, sweet chilli or extra sesame oil at the table for extra flavour.*

This recipe has simplified instructions to help lower your meal cost.